

Falls Prevention and Bone Health



An Easy Read Guide

Produced by
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CONTENTS

<u>Area</u>	<u>Page</u>
About this booklet	4
Things that can Keep you safe from falling	5
Clothing and Footwear	6-7
Aids	8-9
Entrances	10-11
Living Area/ Kitchen	12-13
Bedroom	14-15
Bathroom	16-17
Lighting	18-19
Outside Spaces	20-21
Medication	22
Keep your bones strong	23
Strong bones are happy bones	24
How strong are my bones	25
If I fall	26
Guidelines for Staff	27
Things to consider	28-29



This guide was developed to provide handy tips on preventing falls and improving bone health.

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taken from:

Google

photo made with
symbols⁴



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About this Booklet



If you fall it is important to find out why you fell. This booklet will show you the things you can do to keep you safe from falling.

This booklet will show you things that might make you fall at home, in work and in the community.



Ask someone to read this booklet with you.



Staff that work with you should read the Policy on Falls Prevention and Management.

A policy is a book that tells staff how to do things.



Thank you to Service Users, Staff and the Service User Council who helped make this booklet Easy to Read.

Things that you can do to help keep you safe from falling.



This booklet can help you understand things that can cause people to fall.

Staff: If you have an area of concern, please refer to: Ability West, Falls Prevention and Management Policy and Procedure Mobility and Falls Assessment referral Pathway. *APPENDIX 1 (Flow Chart)*



Service User: If you need to know more, you may also look at the Policy and Procedure. It tells you and staff how to get an assessment.

**To reduce risk of falls
think about clothing and footwear.**



Trousers
fit well
and
off floor



Dressing gown
fits well.
Zips or buttons
are safest and
best if knee length



Night clothes
fit well
and
off floor



Supportive
proper fitting
shoes and slippers



If you have any
concerns please refer
to the Physiotherapy
Department



Sole in
good condition



Tie up your
shoes well

**To reduce risk of falls
use aids properly and make sure
they are in good condition.**



Orthopaedic shoes



Insoles
(In correct shoe)



Walking aids



Get new rubber tips
when worn or broken



Clean
glasses



Hearing aid
battery



Grab rails
secure



Reacher/grabber



Long handled shoe horn



Elastic shoe laces

Help with
reaching

**To reduce risk of falls
think about entrances and outdoor areas.**



Good lights
going into
buildings



Level surfaces



Level stairs
and
secure handrails



Move/take
papers away



Cut back shrubs



Move leaves away



Tidy garden hose



Tidy bins

**To reduce risk of falls
think about indoor living areas.**



Lighting



Proper height
furniture



Clutter free



Regularly used items,
easy to reach



Tidy electrical cords



Remove trip hazards



Clean up spills



Take rugs away

**To reduce risk of falls
think about bedrooms.**



Good
lighting



Bed height



Bed wheels
locked



Bedspread
off floor/
tidy space



Over bed pole
and hand grip



Personal things
within easy reach



Night light

**To reduce risk of falls
think about the bathroom areas.**



Lighting



Tidy towels



Non-slip mat



Wipe up
wet floors



Personal things
within easy reach



Toilet paper
within easy reach



Proper height
toilet



Grab rail
secure

**To reduce risk of falls
think about lighting.**



**Entrance
lights**



**Hallway
lights**



**Living area
lights**



**Kitchen
lights**



Stairs and landing
lights



Bedroom
lights



Bathroom
lights



Night
lights

**To reduce risk of falls
think about outside places.**



Lighting



Level/clear
paths



Un-even surfaces/
footpaths

**To reduce risk of falls
think about the weather.**



Autumn leaves
(can be slippery)



Seasonal hazards
eg: leaves



Snow and frost
on footpaths
(can be slippery)



Wet paths

Medication



Some people take medication. Taking a lot of medication can make it easier for some people to fall.



If you are taking four or more medications you can have a bigger chance of falling.



There are some medications that can make it easier for you to fall if you are taking them.

Talk to staff, or your doctor about this if you are worried.



Make sure your medications are checked by your doctor.

Keeping your Bones Strong



Eat yoghurt



Drink milk



Eat cheese



Get plenty of exercise



Lots of natural Vitamin D is good for you



Eat oily fish like mackerel



Eat lots of fresh fruit and vegetables



Get outside as much as you can during the day.

Strong Bones Are Happy Bones!

(This Easy Read Leaflet has been designed by Happy Bones www.happybones.ie Version 2 (2015) for service users and highlights the importance of good bone health and outlines how to have strong bones. The leaflet also explains by having a DXA scan service users can see how strong their bones are.)

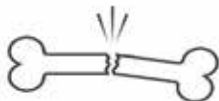


My skeleton is made up of lots of bones.

My bones are strong to keep my body safe.



My skeleton helps me to sit and stand and move.



I want to keep my bones strong so they won't break.

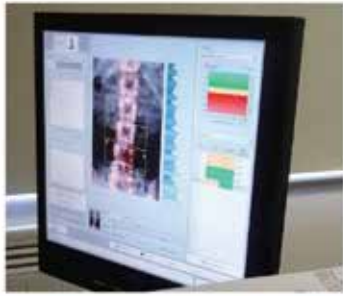


I eat healthy food every day to keep my bones strong.



I am active every day to keep my bones strong.

How Strong Are My Bones?



I can find out how strong my bones are if I have a picture taken of my bones.



My doctor can arrange for me to go and have the picture taken.



I lie on a bed to have my picture taken. It does not hurt me.



I can see my bones on the screen.

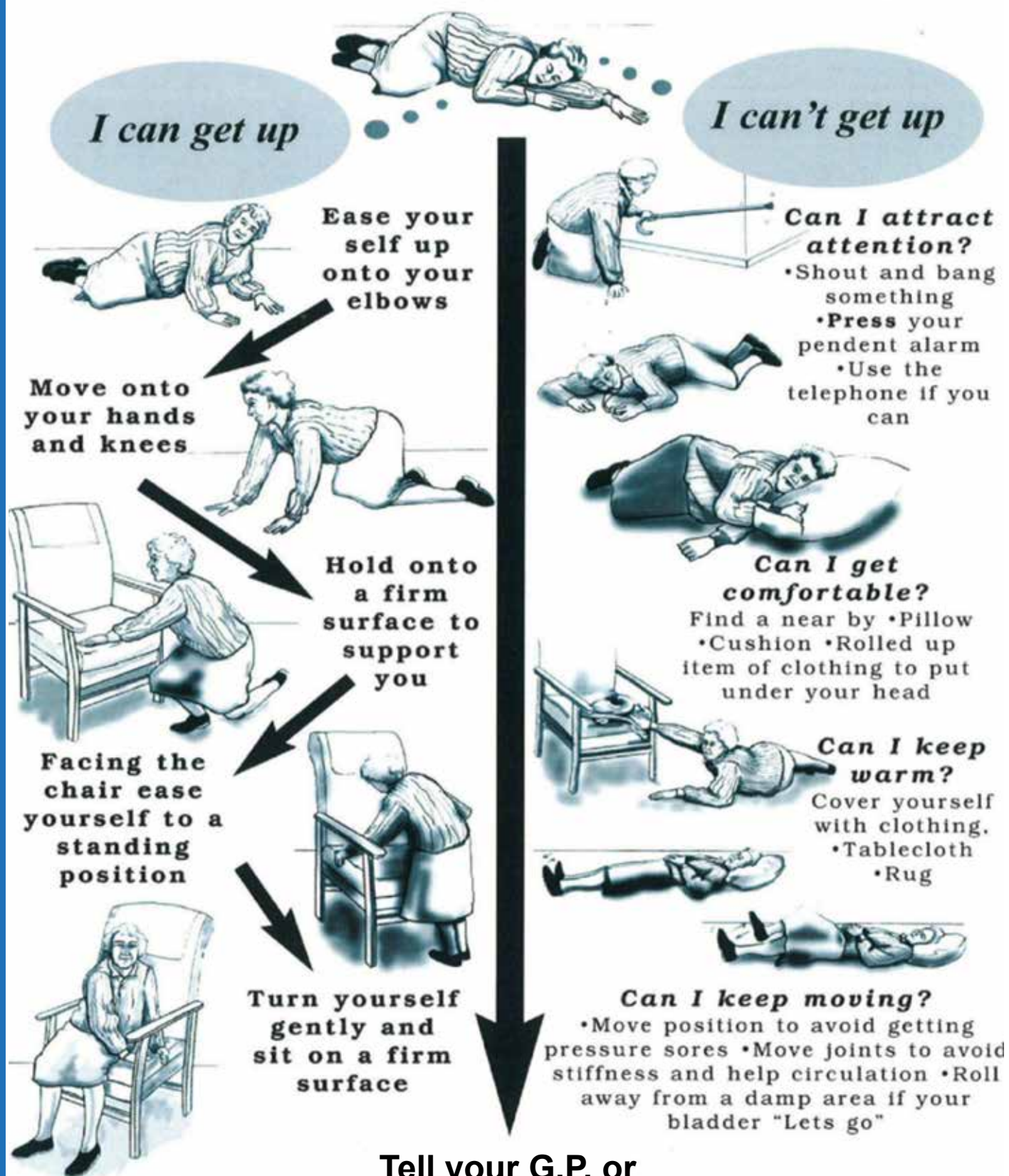


I am reminded how to keep my bones strong.

Remember Strong Bones Are Happy Bones!

This Easy Read **Strong Bones Are Happy Bones** Leaflet has been designed by Happy Bones www.happybones.ie Version 2 (2015)

If I Fall



Tell your G.P. or Health Professional about your fall

(Reference: Managing Falls in Care Homes; NHS, Derbyshire Falls Prevention Pathway' March 2011)

Guidelines for Staff

- The aim of the document is to ensure that people who use Ability West' Services, are aware of how to prevent falls, raising awareness in their careers (staff, parents, family etc), ensuring that any care plans, risk assessments, etc. are reviewed and updated in line with any issues arising.
- This document must be explained to the person using Ability West' services by their keyworker or other staff members that know them well. It can be done 1:1 or in small groups. Use this document as part of a total communications approach, using simple language, signs, and gestures which support the persons level of understanding.
- The keyworker/staff member can record in the person's notes that they read through the document together.
- When reading through the document the keyworker must ensure that the individual understands what is being read to them by asking questions or explaining things further with examples relevant to the person.
- When reading through the document the keyworker/staff member must explain any words that the person may not understand.
- Use the images to support the person to understand the information. It does not have to be read in one sitting, and can be reviewed several times with the person to ensure they understand.
- This document is part of the Ability West Falls Prevention Management Policy and Procedures. You can continue to highlight risks and considerations to the service user as part of their daily routine as appropriate.

Things to consider...



Wear good fitting shoes and slippers



Get your eyes tested every year



Ask your doctor to check your medication



Get up from your bed or chair slowly – wait before walking



Don't rush to answer the door or phone



If you wear a pendant alarm, call for help



Eat healthy foods such as oily fish, cheese, milk and vegetables



Go out in the sunshine



Do some exercises every day



Talk to your Doctor/
Physiotherapist before
starting new exercises



Ensure all rooms
in your house have
good lighting



Talk to your Doctor if you
are concerned about your
bone health

For further information, contact:

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